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A recent workshop offered an opportunity for businesses across Lisburn & Castlereagh to learn more about how the Innovate UK funded industrial decarbonisation initiative can help boost business

INDUSTRIAL DECARBONISATION EVENT IN CONJUNCTION WITH INVEST NI

Over 35 businesses from across Lisburn and Castlereagh turned out for a dedicated workshop recently focused on industrial decarbonisation.

The workshop formed part of a wider project led by InvestNI called Industrial Decarbonisation for Northern Ireland (ID-NI). The ID-NI takes an innovative dual-approach to address carbon reduction in Northern Ireland providing businesses with support, advice, tools and metrics to enable them to increase productivity while reducing emissions. The session offered an opportunity for businesses to learn more about how the Innovate UK funded industrial decarbonisation initiative can help boost business. Through the ID-NI, Invest NI is seeking to establish four clusters to support businesses in terms of efficiencies, investment and financial support.

Continued on page 4

Lagan Valley Day procedure centre helping to reduce waiting lists

Health Minister Mike Nesbitt has highlighted the role of Elective Care Centres in helping to reduce our lengthy waiting lists.

Dedicated capacity for elective surgery has been enhanced through continued development of these surgical hubs across Northern Ireland. A key benefit is that this planned surgery is less likely to be cancelled due to emergency pressures. Day Procedure Centres (DPCs) are operational at Lisburn's Lagan Valley and Omagh Hospitals, supporting a range of surgical specialities. From October 2020 to March 2024, approximately 20,000 patients were treated at the DPCs. There are also three Elective Overnight Stay Centres (EOSCs) at the Mater Hospital, Belfast, South West Acute Hospital (SWAH) in Enniskillen, and Daisy Hill Hospital in Newry, for intermediate complexity surgery that may require an overnight stay in hospital. Between April 2023 and March 2024, more than 12,000 patients have been treated across all three sites. There are also Cataracts Centres at Downe (Downpatrick), South Tyrone (Dungannon) and Mid Ulster (Magherafelt) Hospitals, and an orthopaedic hub at Belfast's Musgrave Park Hospital which includes the Duke of Connaught Unit, a dedicated orthopaedic Day Procedure Centre. The Minister paid a visit to the Elective Overnight Stay Centre at South West Acute Hospital. Elective general surgery, gynaecology, breast surgery, paediatric surgery and paediatric dental procedures are carried out at SWAH for long waiting patients from the region, with consultants visiting from other hospitals.

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Lisburn Area Sports Clubs Join the Refillution this Summer

As part of its Refillution campaign, NI Water recently provided a number of reusable water bottles to local County Down sports groups to encourage them to refill from the tap this summer and make a positive impact on the environment by reducing single-use plastics.



Lisburn Youth FC

NI Water's Refillution campaign was launched in 2019 to combat single use plastics and reduce their impact on our environment and marine life. Since its launch five years ago, NI Water has distributed over 14,000 reusable water bottles to local sports clubs with everyone taking NI Water's Plastic Promise Pledge to always refill from the tap, always use a reusable bottle and to always carry a

reusable bottle. Northern Ireland uses 145 million single use plastic bottles every year. By using a reusable water bottle everyone can play their part in reducing the amount of single use plastics that when discarded could potentially end up polluting our rivers and seas. Refilling a reusable bottle with tap water also helps drive down the carbon footprint, as bottled water is 900 times more carbon

intensive than tap water. NI Water Education Officer Anna Killen commented: "We are always encouraging everyone to join NI Water's Refillution campaign to stop buying single use plastic bottles and instead refill a reusable bottle with tap water. The water industry has a strong focus on the environment and NI Water is committed to tackling the problems caused by plastic bottles

which block up our drains and pollute our rivers and seas. By switching to a reusable bottle, we can really make a positive contribution together to help reduce plastic waste and protect nature." Sports Clubs across Northern Ireland can sign up to NI Water's Refillution campaign and claim free reusable bottles by emailing education@niwater.com or find out more at www.niwater.com/refillution-join/



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COMIC CON NORTHERN IRELAND IS SET TO MAKE ITS RETURN TO THE EIKON EXHIBITION CENTRE ON SEPTEMBER 7TH & 8TH

The highly anticipated Comic Con Northern Ireland will return to the Eikon Exhibition Centre on September 7th and 8th, 2024. Fans of all ages will once again gather to celebrate the best in pop culture, comics, movies, TV shows, and more at one of the province's most exciting events.

This year's Comic Con promises to be bigger and better than ever, with an array of celebrity special guests, exclusive panels, cosplay competitions, unique merchandise and interactive experiences. Attendees can look forward to meeting their favourite stars, discovering new comics and artwork, and immersing themselves in a vibrant community of fellow enthusiasts.

"We are delighted to bring Comic Con Northern Ireland to the Eikon Exhibition Centre for the third consecutive year. The enthusiasm and support from fans in Northern Ireland and beyond have been phenomenal" said Andrew Kleek, Director, Monopoly Events. "We are committed to delivering an even more extraordinary experience this year and can't wait to welcome everyone back to what has

truly become a must-attend event for fans of all ages."

Theresa Morrissey, Group Executive Director of the Eikon Exhibition Centre commented "We are thrilled to welcome Comic Con Northern Ireland back to the Eikon Exhibition Centre. This event has always been a highlight for fans and families, and we are committed to providing an exceptional experience for all attendees. We look forward to hosting this incredible celebration of pop culture and creativity."

Tickets for Comic Con Northern Ireland 2024 are on sale now. Diamond Pass packages are available for those who want to make the most of their Comic Con experience as well as tickets for autograph & photograph opportunities and After Party tickets.

Visit the official website <https://www.comicconnorthernireland.co.uk/> for more details and to purchase your tickets.



Located in Lisburn, the

Eikon Exhibition Centre is Northern Ireland's largest events venue, offering state-of-the-art facilities

and ample space for large-scale events. For more information, visit <https://eikonexhibitioncentre.co.uk/>

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Continued from page 1

Speaking at the event Ald Michelle Guy, Chair of our Regeneration and

Growth Committee said: "The government has set out ambitious targets of achieving net zero carbon by 2050. This is uniquely

challenging for all business sectors, from those operating large processing sites to SMEs and agri-food businesses, who are the backbone of our council area."

"The event provided a unique opportunity to discuss and explore the potential benefits and challenges at a local and regional level and urge businesses to get involved."

Led by Invest NI, the project is a consortium of stakeholders including Manufacturing NI,

Mineral Products Association, Ulster University, Queens and all 11 councils. These partners will be building on a GB best practice project known as "Repowering the Black Country" Virtual Zero Carbon Hub - Virtual Zero Carbon Hub (zerocarbonhubs.co.uk) To find out more about IDNI and how LCCC can assist please contact greg.allen@lisburncastlereagh.gov.uk

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Council celebrates fifth anniversary of age friendly network

LCCC and other Member agencies of Age Friendly Network NI are celebrating five years of partnership.

Launched in 2019, the network has a membership of Age Friendly Officers from all 11 Council areas and representatives from the Age Sector Networks, Department for Communities, Public Health Agency and Age NI. The PHA funds local councils to implement the WHO Age Friendly Communities model. The model proposes eight interconnected domains that can help to identify and address barriers to the well-being and participation of older people.

The mission of the network is to enhance age-friendly connections across Northern Ireland by advocating for inclusive policies, promoting awareness, ensuring equal access to services, and empowering communities through engagement and support. They aim to create a partnership and environment that respect and value older individuals, ensuring their well-being and social inclusion.

Alderman Amanda Grehan, Age Friendly Champion at Lisburn & Castlereagh City Council, said: "Through partnership working, sharing information and expertise real and lasting change can be affected to create an environment where older



people can live full, active, valued and healthy lives. Much progress has already been accomplished by the network over the past five years. I am delighted to mark this milestone in the partnership's journey and look forward to us continuing our positive work to improve society for our older community over the coming years."

Speaking about the network, Co-Chair Jenny Marshall commented: "It has been wonderful to witness the development of the network over the past five years. The great partnership model

between statutory and community helps shape our work to ensure that grass roots community development is key to influencing our strategic objectives, in a bid to help Northern Ireland develop an age friendly agenda."

Priorities for the network are based on the eight pillars of Age-Friendly and include resourcing of the Age Sector Networks, communication & information, transport and age-friendly design principles.

A Network Steering Group has been established to develop a 2-year action

plan. The Age Friendly Network NI aims to ensure that stakeholders including councils at local government level, Age Sector Networks and Age NI from the third sector, alongside central government, work together to drive an Age Friendly agenda and make Northern Ireland an 'age friendly' region in which people, as they grow older, are supported to live well; live a life that is dignified and fulfilled; have their rights and independence promoted, their participation valued and their voices listened to.



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AIR AMBULANCE 7TH ANNIVERSARY REFLECTS ON 4364 LIFE-SAVING CALL OUTS

Seven years ago, the Helicopter Emergency Medical Service (HEMS) made its inaugural call out to aid 11 year old Conor from Castlewellaan following a farming accident, and since then has been needed on over 4,300 occasions, averaging twice per day.

The unique partnership between Northern Ireland Ambulance Service and the Charity Air Ambulance NI, operating 365 days a year, brings a transformative change with its combination of speed and medical expertise. Staffed by a consultant doctor and paramedic from NIAS, and supported by the charity providing the helicopter, pilot, and engineering services, the service has markedly enhanced emergency care.

NIAS Operational Lead for HEMS Glenn O'Rorke said, "Anyone could be a patient and need the air ambulance to fly to them. The crew is tasked

to incidents including road traffic collisions, farm, sports or workplace incidents, accidents at home or serious medical emergencies such as cardiac arrest."

One such patient is Damien Laverty from Carryduff Building Supplies who suffered a severe arm injury at work. The rapid response and advanced medical care provided by the HEMS team working alongside their NIAS road crew colleagues was crucial in saving his arm and facilitating his recovery.

Northern Ireland Fire and Rescue Service worked to release Damien's arm from the machinery and

once freed, Damien was anaesthetised by the HEMS Doctor and transferred to the Royal Victoria Hospital, Belfast.

Speaking about his experience, Damien said: "It has been a long journey to recovery, but I have made great progress. I owe so much to the air ambulance team, the Northern Ireland Ambulance Service and to the Royal Victoria Hospital for my initial care and treatment. I was at risk of losing my arm but thankfully it was saved and I am back to work. The air ambulance costs £6,850 per day to run so every penny really does go a long way to making sure that this vital

service can continue."

The service operates 365 days of the year for 12 hours per day and the aircraft can get to the furthest locations in NI from its airbase in Lisburn in approximately 25 minutes.

Running at a cost of £6,850 per day, the service relies heavily on public donations to meet its annual £2.5 million funding requirement. Breige Mulholland, Head of Operations and Finance at Air Ambulance NI, expressed gratitude for the community's support and emphasized the importance of continued fundraising efforts, "We would like to take this opportunity to

extend our sincere thanks to NIAS and the Department of Health for their continued support. Each time the helicopter lifts off we are aware that someone is in great need and that, thanks to the generosity of people locally, the HEMS team can respond and give hope. We are truly grateful to everyone who has been able to support us over the past 7 years and ask for continued support."

Supporters are encouraged to contribute through regular donations, participate in events, or volunteer. More information on how to get involved can be found at www.airambulancenl.org

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Construction has commenced and will see the creation of one new 3G pitch and additional parking, which will complement the existing synthetic hockey pitch currently on site. The project is expected to be completed in March 2025.

The improved facility will be used by both Laurelhill Community College and Killowen Primary School as part of their curriculum. The wider community can also book the pitch outside

of term time as well as at evenings and weekends.

Councillor Jonathan Craig, Chair of the Communities and Wellbeing Committee said, "The council is pleased to invest in another open space project to offer both local schools and the community access to quality sporting facilities. The soccer pitch will provide valuable grounds for the schools to offer PE sessions and after school activities, which will hopefully inspire an interest in

the sport at grassroots level. Sports clubs, youth groups and friends can also access the pitch, outside of school hours, providing a fantastic community hub for everyone to enjoy.

Taking part in physical activity is a great way to improve your health and wellbeing therefore the new pitch will offer a fun way to get everyone moving together. I look forward to visiting the facility once the project is completed to see many goals being scored."

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Air Ambulance NI works in partnership with the Northern Ireland Ambulance Service which continues to be a lifeline for communities across the province, offering critical Helicopter Emergency Medical Service (HEMS).



The HEMS team attend patients who are seriously ill or injured on average twice per day, bringing emergency pre-hospital care directly to the scene of an incident with the aim of saving lives, brains, and limbs.



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#OTHERS LIVE WHEN YOU GIVE

ROYAL BRITISH LEGION SELECTS LISBURN VETERAN FOR TEAM UK AT 2025 INVICTUS GAMES

Stuart "Stu" Ball from Lisburn, Northern Ireland has been selected by the Royal British Legion to represent Team UK at the Invictus Games in Canada in 2025 – the first Games to include winter sports.

In partnership with the MOD, the RBL has proudly revealed a 64-strong team, who are all wounded, injured and sick serving personnel and veterans.

The team have been preparing at the RBL's Battle Back Centre in Lilleshall. With challenging physical and mental injuries sustained while serving the UK either at home or abroad, the multi-generational team includes participants from all services who have been selected based on the benefit that the Games will contribute towards their recovery.

Stu described it as "fantastic" to be selected for Team UK. He said "I think this is hopefully going to be the start of a new me and I'm very excited for where this journey could take me and my family."

Stu joined the British Army at just 16 years old, and conducted his first tour to Iraq when he was 18. Working in Force Protection, Stu's role was escorting convoys from Kuwait to their new destinations in Iraq. Stu has travelled all over the world with the

Army, including tours of Afghanistan and the Falklands. As a vehicle support specialist, Stu would meet a high turnover of troops coming to him for vehicles and says "9 times out of 10 you'd be having a brew with somebody, you'd give them a vehicle, and then a week or two later vehicles could come back in and all those people you talked to, had a brew with, or had some banter and a laugh with are being flown home repatriated whilst you're stood at their vigil. It's quite a hard thing to get my head round."

Stu was inspired by an athlete he watched on an Invictus Games documentary from Canada who had a similar mental injury to him, and thought "if he can do it, why can't I". He added: "this Invictus journey has given me that sense of purpose and identity again, as I'd lost all that. I went from feeling 'I'll give this a go', to 'I need this now' to help me move on. Especially as my treatment's due to start soon I'm hoping that can work hand in hand with Invictus."

Established in 2014 by Prince Harry, the Invictus



Games is an international adaptive multi-sport event for wounded, injured, and sick servicemen and women, both serving and veterans to participate in as part of their recovery journey.

The Invictus Games Vancouver Whistler 2025 will take place from 8-16 February. The Games utilise the power of sport to inspire recovery and support rehabilitation, showcase the fortitude and resilience of military personnel and their families, improve respect and understanding for those with disabilities, and those who serve or have

served their country.

While the RBL is well known for supporting veterans of the Second World War, the charity is also supporting younger veterans from more recent conflicts through their recovery journey. The RBL's Battle Back Centre uses adaptive sport and adventure activities to help improve confidence and positively impact mental health and wellbeing, helping people achieve their best possible recovery and either return to Service duty or make a smooth transition to civilian life.



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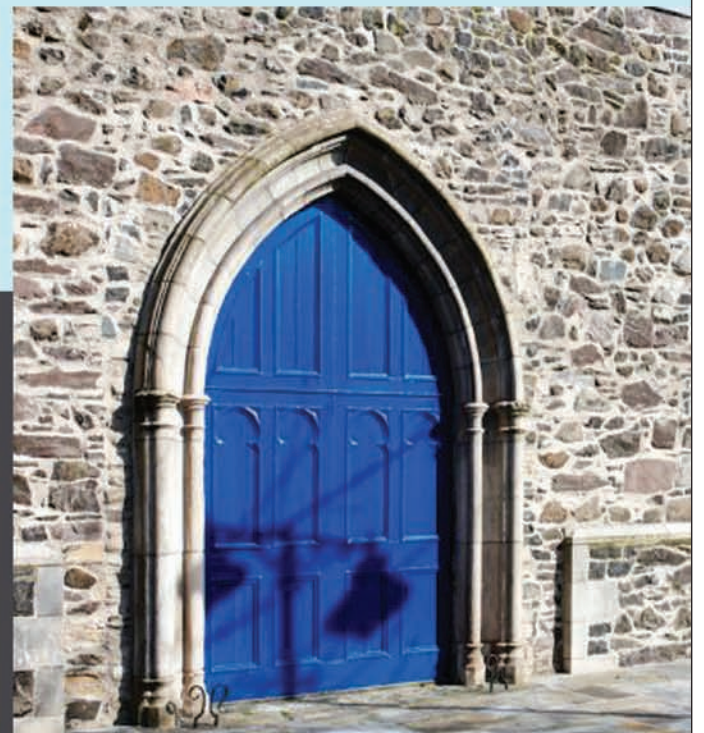
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PIZZA CREW LISBURN CREATES 20 JOBS FOLLOWING £500K INVESTMENT

New Lisburn store brings investment and jobs to the City

Following an investment of £500K, Pizza Crew has opened a new location in Lisburn creating 20 jobs in the area across a range of positions. The new multi-use store, located on Bachelors Walk, Lisburn, will join Pizza Crew's other locations in Belfast on Andersonstown Road, Ormeau Road and Antrim Road.

Ciaran Kelly, Pizza Crew founder, said: "We're delighted to add another store to our growing Pizza Crew family. This is our first location outside of Belfast and the decision to come to Lisburn was based on a number of factors."

"Yes, there are lots of businesses, a hospital and a student population close

to the store plus a great franchisee at the helm. But for years now, Lisburn residents have been asking us when we're opening in the city so as soon as a suitable spot became available, we jumped at it. We can't wait to bring the Pizza Crew experience to Lisburn communities in the coming weeks."

The Pizza Crew recruitment team is still keen to hear from people with a passion for pizza and customer service.

Ciaran continued: "We have a great team in the Lisburn store but we are always looking for enthusiastic pizza makers, counter staff, fryer operators, and kitchen porters. Get



in touch via ciaran@pizzacrew.co and include a copy of your CV.

"Pizza Crew won 'Best Takeaway in the Country' at the Just Eat awards in

2023, the 'Best Takeaway in NI' at the 2021 and 2022 NI Takeaway Awards and we are the number 1 rated pizza takeaway on Tripadvisor

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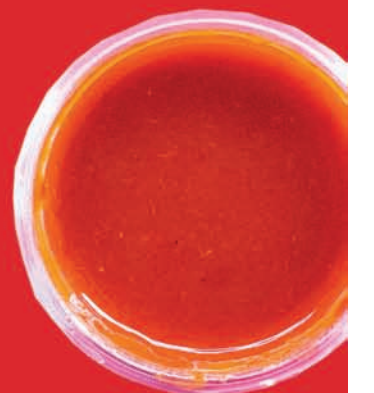
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RAGWORT – A NOXIOUS NUISANCE OR A LIFE LINE FOR MOTHS?

JV Allister reports

When I was growing up in north Armagh, I was aware that the yellow-flowered plant I called ragweed had a bad reputation, designated as a 'noxious weed' which should be destroyed on agricultural land. I remember cutting them down with a toy sword.

Recently I observed a slight spat on social media after someone photographed a ragwort plant in a local park and demanded that this 'poisonous plant', a danger to livestock, and perhaps other beings, should be removed. This triggered a bit of a pile-on of supportive comments. While

someone helpfully pointed out that there were unlikely to be horses, cows or other livestock grazing in the park, I thought I should try my hand at explaining a bit more about this plant.

First, ragwort is not some sort of alien invader, it is a native plant. Second, yes, it is poisonous if eaten by livestock, particularly horses, and a very real problem if it contaminates hay or other fodder, and should definitely be removed from anywhere near paddocks or other land used by livestock.

The other side of this



particular coin is that, as with all native plants, it has a role to play in nature. It is attractive to and feeds many insects such as moths and butterflies and is the beautiful black-and-red

cinnabar moth whose black-and-yellow-barred caterpillars sometimes cover the plant, totally stripping the leaves.

So, if you see a ragwort blooming on a roadside, or even in your garden, it doesn't need to be

removed unless it could contaminate livestock pasture; you never know, it might have moth eggs attached, whose occupants, when they hatch, will likely gobble it up.

JVA

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Bobby Morrison Funeral Directors: A Lisburn Institution

Bobby Morrison Funeral Directors has been a cornerstone of the Lisburn community since its establishment in 1987. Founded by local businessman Bobby Morrison, the company has grown into a trusted and respected name in the funeral industry, providing compassionate and professional services to families across Northern Ireland.

A Family-Centred Approach

At the heart of Bobby Morrison Funeral Directors is a commitment to treating each family with empathy and understanding. As a family-owned business, they understand the emotional challenges faced during bereavement and strive to offer support and guidance every step of the way.

Quality, Service, and Choice

The company prides itself on delivering

exceptional quality, personalized service, and a wide range of options to suit individual needs and preferences. Their dedicated team works closely with families to create meaningful and dignified funeral ceremonies that reflect the life of the deceased.

Services Offered

Bobby Morrison Funeral Directors provides a comprehensive range of services, including:

- Funeral planning:
- Pre-planning options are

available to help alleviate stress for families during difficult times.

- Arranging funerals: The team handles all aspects of funeral arrangements, from liaising with clergy and registrars to organizing transportation and floral tributes.

- Bereavement support: Ongoing support is offered to families to help them cope with their loss.

A Strong Community Presence

In addition to their

professional services, Bobby Morrison Funeral Directors actively participates in the Lisburn community. They support local charities and organizations and are committed to giving back to the community that has supported them.

For more information about Bobby Morrison Funeral Directors, please visit their website or contact them directly:

Website: <https://bobbymorrison.co.uk/>

Phone: 028 9267 4292

County Down author Kate launches her first pony book for children!

County Down horsewoman turned author Kate Russell has launched her first equestrian themed children's book.

Kate, a well known figure in the NI world of equestrianism and equine therapy has published 'Peanut gets his sparkle back'.

Kate says: "I have always wanted to write a children's book from an early age. I have stories whirling in my head and usually inspired by the ponies, dogs and cat. My friend had two young boys who would listen to my stories – they encouraged me to write a book and what's more - asked if they could be in it!

Working with children and the ponies through equine facilitated learning I could see the very real benefits of the interaction with the different pony personalities."

The book is based on the main characters Peanut an 8hh Falabella cross pony and Tobi a 27 yr old rescue pony. In real life this odd couple have struck a very strong friendship and became pretty much inseparable! Peanut is young, curious and cute and everyone who meets him falls in love with him. Tobi is older, a little bit stiff but calm with the kindest nature. They are both very much loved for being themselves! In real life Tobi & Peanut are also fully qualified therapy ponies who like nothing better than helping others!

The story aims to help children with anxiety and worries and show that that it is ok to have worries but not to let them build up. 'Peanut, gets his sparkle back' is a heart-warming children's book about overcoming fear and finding the courage within oneself.

With charming colour illustrations by the talented Faye Hobson, and a relatable story, young readers will be inspired to face their own worries and become brave little ponies themselves!

'Peanut gets his Sparkle Back' is ideal for children 3-9 with coloured text suitable for children with dyslexia, teaches valuable lessons about perseverance, self-confidence and the power of friendship. It's a must read for parents, teachers and children alike and is sure to become a beloved addition to any child's bookshelf!

Join Peanut and his friends on their journey to bravery and show your little ones that they too can conquer their worries and be the courageous heroes they've always dreamed of being.

You can find out more about Tobi, Peanut and friends and also purchase a copy of the book direct online at <http://www.tobianpeanut-therapyponies.com/product-page/peanut-finds-his-sparkle-childrens-story> Book priced £10, (postage fees apply).

Written by Kate Russell

Illustrated by Faye Hobson

He worried about being small.

Linda Returns as a consultant to Slimming World!

Linda McKay has returned to her role as a Slimming World Consultant in her original Saturday group in Lisburn. "It feels amazing to be back, everyone is so lovely" says Linda.

She continues: "The last few years have had different challenges for many people and the general consensus among everyone is that it is time to start prioritising ourselves, our health and nutrition, that's where group plays a vital role in support and motivation."

During her time away Linda has trained professionally in

coaching and wellbeing and with a background in holistic therapies and already 10 years previous experience working with Slimming World she is reprising her consultant role on a Saturday in the Graham Gardens venue at Lisburn City Church 8AM and 9.30am. The official relaunch date was 20th July.

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also support you to take control and change your mindset and research shows you are more likely to lose weight when you join a super supportive group. You also get exclusive access to the Slimming World member website, app and barcode scanner.

"And my support" says Linda. Contact number is 07568 476044.



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Patterson Home and Garden: Transforming Your Garden!

Patterson Home and Garden is a local, independent business based in Lisburn, Northern Ireland, that has become synonymous with exceptional garden maintenance, fencing, and landscaping.

With a commitment to providing top-quality service and a passion for creating stunning outdoor spaces, Patterson Home and Garden has earned a reputation as a trusted name in the community.

A Full Range of Services

From the smallest garden to the grandest estate, Patterson Home and Garden offers a comprehensive range of services to cater to every need. Whether you require regular grass cutting, a complete garden makeover, or expert fence installation, their skilled team is on hand to deliver outstanding results.

Garden Maintenance: Keep your outdoor space looking its best with regular maintenance, including grass cutting, hedge trimming, shrub and tree pruning, patio cleaning, and driveway power washing.

Landscaping: Transform your garden into a stunning oasis with expert landscaping services. Patterson Home and Garden can design and install patios, paths, lawns, garden walls, fencing, decking, and rockeries to create your dream outdoor space.

Fencing: Enhance your property's security and privacy with high-quality fencing solutions. Patterson Home and Garden offers a variety of fencing options to suit any style and budget.

A Commitment to Customer Satisfaction

Patterson Home and Garden prides itself on providing exceptional customer service. Their friendly and experienced team takes the time to understand your needs and preferences, ensuring that your project is completed



to the highest standards. With a focus on attention to detail and a dedication to exceeding expectations, Patterson Home and Garden has built a loyal customer base throughout the Greater Lisburn area.

Enhancing Local Communities

As a local business, Patterson Home and Garden is committed to supporting the community. By employing local staff and sourcing materials whenever

possible, they contribute to the local economy and create jobs. Their commitment to sustainability is also evident in their use of environmentally friendly practices and products.

If you're looking to enhance your outdoor space, Patterson Home and Garden is the perfect partner. Contact them today for a free, no-obligation estimate and start transforming your garden into a beautiful haven.

PLAN YOUR GARDEN REDESIGN THIS AUTUMN!

The opportunity to redesign your garden gives you the chance to create your dream outdoor space, complementing both your home decor and your personal style.

But while garden redesign is an exciting project, it does require careful planning and consideration.

Before you launch your garden redesign project, it's essential to spend some time planning the various elements!

1. Purpose and function. How do you want to use your garden? Do you want it to be a space for entertaining guests, a peaceful retreat, or a play area for the children? Answering these questions will help to shape the layout and the features that are important to include in your garden. For

example: If you want your garden to be an entertaining space, consider where the dining area should be. This could be influenced by the position of the evening sun, making it an ideal spot for some outdoor furniture.

Perhaps you want to create an outdoor kitchen or a BBQ area. If so, where would be the most convenient place to build it? Near the kitchen to avoid traipsing up and down the garden with plates of food, perhaps. Want to enjoy a morning coffee in the sunshine? Check the position of the morning sun and plan

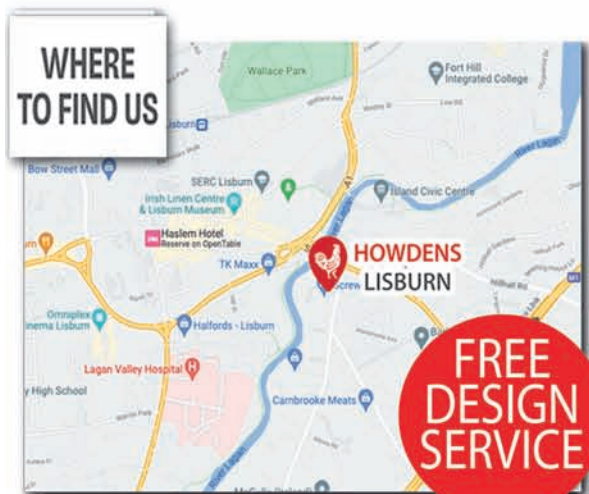
the optimal position for some garden seating.

2. Site analysis. As with any renovation, it's essential to spend time in the space to understand it better, noting: Where the sun hits your garden at different times of the day. What type of soil you have and how well it drains. Existing plants or structures you want to keep. Whether there are any elements you can recycle or repurpose. This will not only help when planning your layout and hard landscaping, but also the best type of plants to include too.

3. Budget. If you've

watched garden redesign programmes on TV, you'll appreciate it's possible to redesign your garden for just a few hundred pounds or to ramp the budget up to tens of thousands of pounds. It's therefore important to decide on your budget at the start of the project. Depending on what you want to include in your plans, this may need to cover hard landscaping materials, any labour costs, plants, and outdoor furniture.

For more guidance and inspiration see www.checkatrade.com/blog/planning-guides/redesign-garden/



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INSPIRING BEDROOM FLOORING IDEAS

If you're looking for practical, stylish, durable, and cost-effective flooring solutions, you're in the right place.

Practical bedroom carpet ideas. Carpet is one of the most common choices when it comes to bedroom floor ideas. It's cosy underfoot, has good insulating properties, and is available in many different styles and colours. For a kid's bedroom in particular – where little ones play on the floor – carpet is the most comfortable option.

Versatile bedroom carpet ideas. Grey carpet provides a neutral, calm backdrop that works with an array of different paint colours. So if you redecorate your bedroom in the future or make a quick update with

a feature wall, you know your grey flooring is likely to match.

Bedroom wood flooring ideas. Wood floor is timeless – it will never go out of fashion. It's also the most hypoallergenic bedroom flooring, making it ideal for people with allergies.

Dark wood floor bedroom ideas. Earthy, natural tones are trendy bedroom floor ideas for 2024, making a dark wood floor a great choice. Dark wood floors work particularly well in men's bedrooms or in Japandi-style rooms, offset with lighter, neutral tones on the walls.

Herringbone bedroom floor ideas. Wood flooring laid in a herringbone pattern adds interest and texture to a room and can even help to create the illusion of more space. Incredibly versatile, herringbone wood flooring works equally well with a muted palette of neutrals or a bolder choice.

Laminate bedroom flooring ideas. The great thing about laminate flooring is its ability to mimic more expensive natural stone or wood at a fraction of the cost. This makes it a brilliant option for homeowners wanting cheap flooring ideas for

bedrooms that still look great.

Grey laminate flooring in a bedroom. If you weren't already sold on laminate flooring, consider going grey. Its versatility shines through in this image, where it's teamed with muted shades. However, it would work equally well as a foundation colour in a bedroom that's decorated in bold hues.

Cheap flooring ideas for bedrooms. Vinyl flooring is resistant to stains, rips, tears, damage, and water penetration. It's also incredibly cost-effective. We love the variety of colours and styles, allowing you to match up your flooring to your bedroom decor.

LVT bedroom flooring ideas. LVP (Luxury Vinyl Plank) or LVT (Luxury Vinyl Tile) flooring options are quick

and easy to install, using a click-and-lock system over the top of your floor's sublayer. It's a great way to add pattern and interest to a bedroom if you're feeling bold.

Bamboo. Bamboo flooring is an eco-friendly and sustainable option that's growing in popularity due to its strength, durability, and attractiveness. If you are keen on incorporating this eco-friendly flooring in your home, look for an FSC certification or other certifications such as the Sustainable Forestry Initiative (SFI) or the Programme for the Endorsement of Forest Certification (PEFC).

Tiled bedroom floor. Tiled bedroom flooring looks particularly elegant in a vintage-style bedroom. Teamed with underfloor heating or



some bedside rugs, floor tiles are synonymous with charming country cottage or farmhouse styles. And the best part is, they're a great investment – lasting much longer than carpets.

Concrete bedroom

flooring. It may not be the first material that comes to mind when you think of bedroom flooring ideas, but many homeowners are installing concrete flooring for a contemporary look. Paired with underfloor

heating and of course, a cosy rug to step out of bed onto, concrete flooring creates a slick, modern vibe in any room.

<https://www.checkatrade.com/blog/ideas/bedroom-flooring-ideas/>

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A sunroom is basically a conservatory with a solid tile or slate roof with a flat or vaulted internal ceiling, or to put it another way, it is an extension with lots of windows. Admire and to enjoy the surroundings and the views while being sheltered and protected from rain, wind and other weather conditions. Your new Sunroom will have large windows in order to allow panoramic views, where the sun gets through and the room is filled with light and warmth.

A Sunroom combines the light and sky of a conservatory with the walls and ceiling of an extension



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Planning your dream kitchen

How to plan a kitchen layout. Aesthetics aside (for now!), let's look at some of the key recommendations for planning a kitchen layout that'll give you ultimate functionality.

The work triangle. This is perhaps the most important factor to consider in your kitchen layout. The 'work triangle' is the positioning of your oven, fridge, and sink, which are the three most commonly used items in the kitchen. It's impractical and dangerous to carry pans of hot water the length of the kitchen to drain pasta or vegetables, for example.

As a general rule, aim for no more than a step and half in distance between the three points of your 'work triangle', i.e. your oven, fridge, and sink. It's useful to have a work surface to put things on next to the fridge/freezer and the hob/oven (making sure the latter is heatproof).

Avoid positioning the oven right next to a wall or tall cupboard – it's best to have some free space either side for comfortable working. Don't forget electrical sockets. You want at least one double socket for every 1.5m of wall space, plus sockets at floor level for the vacuum, for example.

How will you use the space? There's a reason why the kitchen is affectionately known as 'the heart of the home'. People naturally gravitate to the kitchen and it can often be one of the busiest areas of the house. Avoid the daily chaos sweeping through the kitchen with some clever planning. Create a dedicated area before you enter the



up, the sink is a well-used space within the kitchen. The ideal spot? Place it with a view, either by a window, or facing into the room, on a kitchen island, for example.

It's generally more cost effective, and easier to install a proper ventilation system, if the oven is placed on an exterior wall.

Maximise the available space. When planning your kitchen layout, think about the storage you'll need and where this will be.

With some imagination and creativity, your kitchen walls can be cleverly transformed into a range of different storage solutions. Wall cabinets are a traditional solution for storing crockery and food, with glass-fronted cabinets for housing glassware. Pantry storage is becoming increasingly popular to hide away small appliances such as the coffee machine and toaster, baking accessories, and dry food items. Open shelves, wall hooks, and overhead

racks for saucepans can add to the kitchen's overall aesthetic. Need help visualising your plans? Hiring an experienced kitchen designer will make your life easier in planning your dream space.

A kitchen renovation project can range in price depending on the scope of the work, the complexity of the design, and the finishes you choose. A budget renovation could cost in the region of £6,000, while a fully bespoke kitchen could cost up to £35,000. It's crucial to set a budget to keep your project on track.

Make a list of everything you'll need for your renovation: Start from the top down, including lighting, paint, splashbacks, window dressings, cabinets and shelves, worktops, sink, taps, appliances, and flooring. Include the cost of labour for any items that'll require it.

For more information see <https://www.checkatrade.com/blog/planning-guides/kitchen-renovation-project/>

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kitchen for items such as coats, shoes, and bags. This could be a bench and storage in a specific section of the kitchen, or a mudroom or utility if you have the space.

Perfect positioning. Make sure the primary passageway through the kitchen is unobstructed, i.e. that the oven or dishwasher

doesn't open into this space. Passageways need to be wide enough to stand and open the doors of appliances.

If planning a kitchen island, make sure it doesn't block the area in front of your main appliances, leaving enough room to open the appliance doors

and pass by. If work surfaces are opposite each other, plan enough space between them so that two people can work comfortably at the same time.

Kitchen designers will often place the sink first and design the rest of the kitchen layout from there. Whether it's for food prep or clearing

Interior design ideas to live by

There are so many beautiful interiors out there, how on earth do you choose?

The good news is that there are generally no right or wrong choices with interior design. Sure, there are some rules to guide you, but your home interior should be a reflection of the needs and likes of you and your family.

Step one – form and function. The first stage of planning your home interior is finding the balance between how you want your home to look and feel and what you need it to provide for you and your family. So, as well as thinking about how different home interior designs make you feel and which styles you're drawn to, consider how you use the rooms in your home and what's important to you. For example, if you enjoy hosting friends and family, it makes sense to design spaces that will easily accommodate visitors. If clutter makes you twitch, make storage a priority, and

if self-care is important, why not create an indulgent spa bathroom? Take the time to consider the history of your home and how this might impact your style choices. Edwardian house interior design ideas, with their large windows and wide hallways, will differ from those for a new build property, for example.

One of the final points to bear in mind is flow. Unless you're designing a studio apartment, you'll create a more cohesive feel in your home if you think about the flow from room to room when making your design choices.

Step two – room layout. First of all, consider the function of the room to give it a clear purpose. It's entirely possible to use one room for more than one purpose, but aim to 'zone' the room into different areas when planning the layout. In

addition to furniture and lighting ensure there's enough space to comfortably move around the room – 'empty' space is key to help increase the feeling of spaciousness.

Step three – colour scheme. Now it's time to add your personality to the space. With lots of inspiration out there, it can be hard to know how to narrow down your choices. Start with a mood board. You can either do this the old-fashioned way, cutting out images from magazines, or use an app such as Pinterest. Colour-drenching, neutrals, or feature walls; your mood board will help to steer you in the right direction. By putting together the images you're drawn to, you'll begin to gather a clearer picture of the styles, features, and colours that you like.

Step four – lighting.

Do not underestimate the importance of good lighting when planning your house interior ideas. Many experts agree that it's best to have between five and seven different lighting sources in each room. For overall lighting (general lighting), consider recessed ceiling spotlights. For task lighting, you might opt for a desk lamp or a reading lamp by an armchair. Spot lighting can be used to illuminate items in a cabinet or a piece of wall art, whereas atmospheric lighting could be a dimmable lamp or some string lights. The right combination of these varieties of lights in a room will help to create a warm, homely (and functional!) space. Always use a qualified electrician for your lighting installations.

For more information see <https://www.checkatrade.com/blog/ideas/interior-design-ideas/>

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HOW TO MAKE YOUR GRASS LOOK GREAT

Mowing is the key to a neat, healthy lawn. And it's still an essential job for the summer and early autumn months.

The best way to encourage healthy, lush grass is by regularly mowing your lawn. Each cut helps keep a lawn neat and encourages denser turf. Mowing also blocks out weeds and makes the grass more hardwearing. During the growing season, mowing the lawn can take up quite a lot of time. That's why it's so important you know how to cut grass the right way. In this post, we'll guide you through how to mow a lawn and some useful grass cutting tips to make sure every last detail is covered.

Read on for the best lawn mowing tips and tricks.

1. Get your mower serviced regularly. Getting your mower serviced at the start of every growing season is important to ensure a clean, quality cut. Chipped or blunt blades will bruise the grass and cause a silver sheen or frayed look to the lawn. Also, don't forget to clean out your mower regularly to avoid a build-up of clippings.

2. Know how often to mow. How often you mow depends on the style of lawn you want, weather conditions and the speed your grass is growing. Here's some grass cutting advice: The more frequently you mow, the denser your lawn will be. In early spring, grass needs cutting less frequently as it grows more slowly at this time of year. Cut fortnightly until the weather warms up in late spring. Lawns need cutting weekly in late spring and summer. You may even need to mow twice weekly when growth rates peak in late spring. If you mow less frequently you'll break the 'one third rule' as you'll have to cut off more

than a third of the grass height to keep it looking neat. Milder winters mean lawns may benefit from occasional mowing between late autumn and early spring. Let your new lawn grow to 5cm (2in) tall before mowing for the first time. Choose the highest blade setting so the mower doesn't get choked with clippings.

If the grass is really long, you may need to trim it first. Dry shady areas under trees may need less frequent mowing than areas in full sun with good moisture levels. 3. Get the grass height right. One of the key grass

cutting tips to a lush lawn is knowing what height to leave the grass. Most lawn grass is best kept at 2.5cm - 4cm tall.

Leave it a little longer in patches that get more wear and are heavily used, say 4cm - 5cm. In the shade, you could leave it still longer, at 7cm-8cm.

4. Adjust the cutting height. Cutting the grass at the correct height will help your lawn stay dense and healthy.

To do this, you'll need to adjust the mower's cutting height to suit the weather and season. The mower should be

cutting tips to a lush lawn is knowing what height to leave the grass. Most lawn grass is best kept at 2.5cm - 4cm tall. Leave it a little longer in patches that get more wear and are heavily used, say 4cm - 5cm. In the shade, you could leave it still longer, at 7cm-8cm. 4. Adjust the cutting height. Cutting the grass at the correct height will help your lawn stay dense and healthy. To do this, you'll need to adjust the mower's cutting height to suit the weather and season. The mower should be

cutting the grass at the correct height will help your lawn stay dense and healthy. To do this, you'll need to adjust the mower's cutting height to suit the weather and season. The mower should be



cold. If you cut the grass when the ground is soaked, the mower will smear the soil and grass clippings will clump together.

Mowing should wait until frosts have passed. With milder winters and the grass continuing to grow all year, many of us are

now cutting our lawns all year round to some degree.

Alternatively hire a professional gardener to cut your grass!

For more information see: <https://www.checktrade.com/blog/expert-advice/lawn-mowing-tips/>

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ELEVATE YOUR WALLS WITH THESE ON-TREND WALLPAPER IDEAS

Wanting to incorporate wallpaper into your home but not sure how?

We've got some new and exciting ideas to inspire. If you're embarking on a room renovation and want to add some colour, pattern or that extra wow-factor, wallpaper can do just that. With most elements of interiors, wallpaper trends come and go, but we've put together the top trends that should give you some food for thought when planning your next decorating project.

Ombre wallpaper. A hot trend right now is ombre wallpaper. This started with an ombre painting technique that became extremely popular, however, it can be quite tricky to create. Opting for ombre wallpaper is a great alternative as it creates the same effect with less hassle and there is

less technique required – you just need to make sure the sheets are lined up properly... maybe we've made that sound easier than it actually is! If in doubt, find a local expert who will hang your wallpaper straight!

Botanical wallpaper. Bringing the outside in is a big part of how we choose to decorate nowadays. It is proven that incorporating plants and botanical elements in your home can uplift your mood and make you feel more connected and relaxed. Hanging botanical print wallpaper is an effective way of doing this. Botanical prints include banana leaf plants, dramatic florals and jungle-themed designs.

Go bold with a wallpaper mural. This is one solid design that fits over an entire wall. It definitely makes a statement and is for the brave decorators and



homeowners amongst us. Popular mural designs include various landscapes, such as a mountain range, jungle or forest.

Monochrome wallpaper. Colour might not be your thing, and that's fine, monochrome is definitely having a

moment in 2024. A monochrome design could be spots, stripes, or a geometric pattern... the possibilities are endless. Monochrome wallpapers are a lovely option for a modern industrial home.

Large scale prints. When choosing your wallpaper design for

your next decorating project, try to go for a large-scale print. Small, ditsy designs can be jarring for the eye and can look a bit muddled. Instead, large prints make a statement and create a more coherent look.

Striped wallpaper. Stripes never go out of fashion and 2024 is no exception. Incorporating striped wallpaper into your living room or bedroom scheme will look fun and modern. We suggest keeping this to one wall because if you wallpapered the whole room it might be a little bit disorientating!

70s throwback. The 70s are back! Retro wallpaper designs are definitely on the hot list right now. Rusty reds, mustards and navy blues are a true 70s colour palette and look amazing printed onto wallpaper. If you want to add a dose of retro charm to your home, then a 70s inspired wallpaper is a fantastic design decision.

Vintage Art Deco Wallpaper is a popular choice for vintage-inspired homes as it can easily transport you to a different era. If this speaks to your interior style, choose designs with traditional Art Deco geometric shapes. Add that extra dose of glamour by picking a design that is embossed with gold detailing.

Article used courtesy of <https://www.checkatrade.com/blog/ideas/wallpaper-ideas/>

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AUTUMN HEALTH HACKS

Autumn might be one of the most picturesque seasons of the year, but few will deny that the colder, darker and wetter weather makes it harder to stay motivated to exercise.

Exercising in this season can be somewhat daunting. Dragging oneself from the comfort of their warm and comfortable bed to battle the elements during a morning run is the stuff of nightmares for many – however you can reap serious rewards when bracing the weather to get out and about this autumn season.

Seasonal adjustment disorder is but one condition that can be alleviated by regular exercise. Numerous studies have shown that incorporating exercise into your daily routine can boost one's mood as well as decreasing stress, anxiety and depression. So getting up and out will not only benefit your physically, but



also mentally.

Changing up your routine is one way of staying motivated to exercise this autumn.

Whilst going for a morning run might have seemed attractive when the weather was dry and warm,

the colder and wetter mornings might be better suited for an indoor swim. Perhaps joining a gym is

the best way to stay fit over the winter, providing an indoor environment that can encourage exercise no matter the weather.

In the same way, mixing up your diet is important to staying healthy this autumn. Salads and fruit might have been the order of the day during the summer months, but your body will need more sustenance to fight off the flu and keep you warm during the winter season.

Mixing some soups, chowders and shakes into your diet can be a great way of diversifying your diet and making sure that you do not get bored eating the same old meals time and time again.

One benefit of the

nights getting longer is that many find it significantly easier to get a long night sleep. As it gets dark earlier,

it is often easier to get into a night time routine and securing those essential 8 hours rest per night – studies

have found that those who get less than 6 hours sleep per night tend to have a higher than average BMI.

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An award-winning service offering hassle-free travel, HANNON Coach & Sail is ideal for a summer getaway in Glasgow and the perfect antidote to flying and airport stress! Already hugely popular with those in the know, the Belfast – Glasgow Express Coach Service is rated 5-Star on TripAdvisor.

A shopper's paradise, Glasgow is recognised as having the best retail therapy in the UK outside of London. Consistently voted 'top of the shops', the city is Scotland's premier shopping destination.

Not just shopping, Glasgow is also famous for its fantastic nightlife, and great choice of restaurants and bars. Glasgow is the perfect choice for your next city break away.

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ACTION CANCER CALLS ON ADVENTURERS TO JOIN THE 7 PEAKS CHALLENGE

Participants in the 7 Peaks Challenge will conquer seven of the highest peaks in the Mourne Mountains on Saturday 14th September 2024, while helping those affected by cancer throughout Northern Ireland.

During the 15-hour hike participants will trek each of the seven highest peaks in the Mournes; Slieve Binnian, Slieve Meelbeg, Slieve Meelmore, Slieve Bearnagh, Slieve Commedagh, Slieve Donard and Slieve Lamagan.

Action Cancer is asking each participant to pay a registration fee of £60 and raise £300 in sponsorship, which will fund Action Cancer's range of cancer prevention, detection and support services. These include a newly launched skin cancer detection service, as well as breast screening, counselling, complementary therapies, and health improvement services. The charity does not receive regular government funding and relies on support from the general public and local business community to fund these services.

Dale Collins aged 42 from Holywood, a long-term Action Cancer supporter, is taking part in the challenge. He said: "I started fundraising for Action Cancer back in 2012 after seeing an ad for a trek

in Cuba. I was keen to do something a little different and meet new people while raising money for a fantastic cause. Whilst on the trek, participants shared powerful and personal stories about the work Action Cancer, saving lives through their early cancer detection, prevention and support services available at Action Cancer House and on board their Big Bus (supported by SuperValu and Centra).

"In 2013, a lifelong friend was diagnosed with testicular cancer, which I'm thankful to say he has since made a full recovery from, having caught it early on. Therefore, I know how important early detection is. For others in the Cuba Trek group, it was the counselling and support services Action Cancer provided for family members, as well as for themselves, upon getting their diagnosis that made a real difference. It's special that the charity helps 20,000 local people across Northern Ireland with no regular government funding, which is why fundraising is so important.

"The Cuba trip had a profound effect on me, and from then, I committed



to do what I could to help out, in my own small way, to raise a few quid as well as awareness. Since then, I've been involved in White Collar Boxing, bungee jumping and marathons, among other things, which has also been great fun and often quite challenging. Most recently, I took part in the Machu Picchu Trek in 2023 to take on the mighty Inca Trail. I'm hoping that experience will help when I climb the 7 peaks of the Mournes in September."

Since 1973, Action Cancer has been offering a range of cancer prevention,

detection and support services to the people of Northern Ireland. Founded by Dr. George Edelstyn, an oncologist at Belvoir Park Hospital, the charity aims to fund pioneering research into chemotherapy and to support patients and their families during treatment. The first premises in Marlborough Park in Belfast were used to provide facilities for patients awaiting treatment in Belvoir Park and recovery facilities for chemotherapy patients who had to travel long distances. Action Cancer began to offer breast screening in 1978. This

was the first-time breast screening was introduced in Northern Ireland.

Register online for the 7 Peaks Challenge at www.actioncancer.org or email Kate McComack kmcormack@actioncancer.org or call 028 9080 3349 for more information. Closing date for final registrations is Wednesday 11th September. Action Cancer ask that participants ensure they have appropriate training and a good level of fitness before taking part in this challenge.

For more information on Action Cancer services visit www.actioncancer.org

Preparing Your Garden for Autumn

As the summer months draw to a close, it is time to begin preparations to make your garden ready for the autumnal season.

Whilst spring was the ideal time for planting new plants and summer the perfect time to watch them grow, autumn is a time that you will need to protect your garden. The cooler weather and the increased amounts of rainfall will require certain measures to ensure that your garden is protected.

It might seem simple, but many forget to move some of their vulnerable plants indoors as the cooler weather begins to take hold. Either moving your potted plants and herbs indoors or into a dedicated greenhouse

will give your plants to protection that they dearly need to continue growing for a longer period of time.

Throughout the summer period you will have had an abundance of seedlings fall all over your garden and it is important to apply weed killer at the beginning of autumn to stop these from sprouting.

It is of the utmost importance to keep your pets away from the garden if you put weed killer down as ingesting the poison can cause a great deal of harm to your animals.

As the days grow shorter, you will notice that the speed at which your garden grows will shorten considerably. This means that you will not have to cut your grass quite as often, however it is important to do so as regularly as required in order to ensure that your grass stays full when it grows back in the spring. Similarly, it is important to keep your garden tidy and not allow leaves to build up as they begin to fall onto your property. Letting them build up over time will cause considerably more mess as they will

begin to decompose and be harder to remove.

The slower growth provides the perfect opportunity to tidy up your flower beds and displays.

Whilst their vibrancy might begin to decline, the slower growth means that they will be more manageable.

It is important not to forget about your evergreens. Every garden should have at least a few ever green plants to keep some life throughout the cold winter months. Whilst these plants are tough, it is important not to neglect them.

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AUTUMN FOOD TRENDS 2024: WARMTH, COMFORT, AND INNOVATION

As the leaves begin to change colour and the air takes on a crisp chill, our appetites shift towards heartier, more comforting flavours.

Autumn 2024 is set to be a season of culinary exploration, blending traditional autumnal staples with innovative twists and global influences. Let's dive into the key food trends that will be dominating our plates this season.

Embrace the Earthy Delights

- **Root Vegetable Renaissance:** Think beyond the classic roast. Expect to see root vegetables like parsnips, celeriac, and beetroot taking centre stage in everything from soups and stews to salads and desserts.

- **Mushroom Mania:** From earthy porcini to delicate shiitake, mushrooms are enjoying a moment in the spotlight. Look out for mushroom-based dishes, from rich ragu to vegetarian mains.

- **Apple and Pear Perfection:** These classic autumn fruits are getting a modern makeover. Think apple



cider doughnuts with a gourmet twist, pear and blue cheese salads, and apple crumble with unexpected flavour combinations.

Global Fusion Flavours

- **Asian-Inspired Autumn:** Expect to see a fusion of Asian flavours with traditional autumnal ingredients. Think miso-glazed pumpkin, Korean-spiced sweet potatoes, and Japanese-inspired apple desserts.

- **Middle Eastern Magic:** Warm spices like cinnamon, cardamom, and cumin are finding their way into autumnal dishes. Look out for dishes like pomegranate-glazed lamb, spiced butternut squash, and tahini-drizzled salads.

Comfort Food with a Contemporary Twist

- **Elevated Classics:** Traditional comfort foods are getting a gourmet upgrade. Think truffle mac and cheese,

- **Baked Goods Reinvented:** Classic autumnal treats like apple pie and pumpkin bread are getting a modern makeover. Think deconstructed desserts,

lobster bisque, and short rib shepherd's pie.

- **Cozy Bowls:** From hearty grain bowls to noodle soups, these one-dish wonders are perfect for chilly evenings. Expect to see a variety of toppings and flavor combinations.

- **Plant-Based Abundance:** As the plant-based trend continues to grow, expect to see creative and delicious vegetarian and vegan autumnal dishes.

gluten-free options, and unexpected flavour pairings.

Sustainable and Ethical Eating

- **Local and Seasonal:** Supporting local farmers and embracing seasonal produce is becoming increasingly important. Look for dishes that highlight the best of what autumn has to offer.

- **Reducing Food Waste:** Chefs are becoming more mindful of food waste, incorporating leftover ingredients into new dishes and inspiring home cooks to do the

same. As we settle into the cozy embrace of autumn, our taste buds are in for

a treat. Whether you're a seasoned foodie or simply looking for some inspiration, these

trends promise to deliver a delicious and unforgettable culinary experience.



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Pizza Co: A Business with a Passion for Pizza

Three friends with a combined 50 years of experience in the pizza industry have joined forces to put Pizza Co on the local culinary Map.

Matthew, Matt and Conall bought the brand in October 2023 after Matthew Stevenson had worked for the brand from 2013 (with the previous owners). The company now boasts five stores with a sixth, larger store opening this month in Lisburn, creating 25 new jobs. This expansion represents a significant investment of £250,000

A key focus for Pizza Co is its staff. Recognizing the demanding nature of the business, with long hours and weekend work, the company prioritizes staff retention. The team is viewed as the backbone of the operation, and their contributions are greatly valued.

To enhance the customer experience, Pizza Co has invested £300,000 in various improvements. These include a new app with GPS driver tracking, self-ordering kiosks, a revamped prep kitchen and a state-of-the-art dough mixer imported from Italy.

A complete rebrand has also been undertaken, encompassing a whole new look, uniforms, signage, branding etc.

Beyond business growth, Pizza Co is committed to giving back to the

community. The company distributes over 300 children's meal vouchers each week to local sports clubs, schools, and youth groups.

Additionally, Pizza Co supports various sports

teams, including the Belfast Trojans and Belfast Bulls.

With a strong foundation built on industry expertise, a dedicated team, and a customer-centric approach, Pizza Co is poised for continued success.



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FOOD DELIVERY: A GROWING APPETITE IN THE UK

The UK has witnessed a meteoric rise in the popularity of food delivery services. Once a novelty, it has become an integral part of modern life, catering to a diverse range of consumers and lifestyles.

The Convenience Factor
One of the most significant benefits of food delivery is convenience. Gone are the days of queuing in restaurants or the hassle of cooking after a long day. With just a few taps on a smartphone, a vast array of cuisines can be delivered to your doorstep. This is particularly appealing to busy professionals, students, and families juggling hectic schedules.

Expanding Horizons
Food delivery services have democratised access to diverse cuisines. Whether you crave authentic Thai, spicy Indian, or classic Italian, there's likely a restaurant delivering to your area. This culinary adventure without leaving home has broadened taste palettes and introduced people to new flavours.

Supporting Local Businesses
While global giants dominate the food delivery landscape, many smaller, independent restaurants have also benefited. These services provide a platform for local businesses to reach a wider customer base, helping them to compete with larger chains. Many operate their own in-house services. Local entrepreneurs have also developed specialised localised delivery companies that partner with independent outlets to compete with the big boys and win!

Time-Saving and Cost-Effective
For many, cooking a meal from scratch can be time-consuming. Food delivery offers a time-saving alternative. Additionally, it can be more cost-effective than dining out, especially when considering factors like transportation, parking, and potential service charges.

Catering to Specific Dietary Needs
Food allergies and dietary restrictions can make dining out challenging. However, many food delivery services offer options for those with specific dietary needs, such as vegan, vegetarian, gluten-free, and halal.

This inclusivity ensures that everyone can enjoy the convenience of



food delivery. The future looks promising. While challenges such as sustainability and labour rights need to be addressed, the overall trend suggests that food delivery is here to stay and will continue to shape the way we eat.

The Future of Food Delivery
As technology continues to evolve, we can expect even more innovation in the food delivery sector. From drone delivery to hyper-local services, the

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A Sweet Investment

A cake is more than just a dessert; it's a centrepiece, a statement, and a memory in the making. Investing in cake artistry can elevate your special occasion to a whole new level of elegance and sophistication. Here's why:

A Visual Masterpiece
A custom-designed cake is a work of art. It's a canvas for a baker's creativity, where colors, textures, and flavours come together to create a stunning visual masterpiece. From intricate sugar flowers to lifelike sculptures, a cake can be tailored to match your event's theme or personal style.

Memorable Moments
Your wedding, birthday, or anniversary is a special occasion you'll cherish forever. A show-stopping cake captures the essence of your event and becomes a focal point for photos and memories. Guests will be impressed by the artistry and craftsmanship, and the cake will be a topic of conversation long after the event.

Taste Sensation
Beyond its appearance, a custom cake is a taste sensation. Skilled cake artists use high-quality ingredients and expert techniques to create cakes that are not only beautiful but also delicious. From rich chocolate ganache to velvety buttercream, you can indulge in a flavour profile that perfectly complements your event.

Personalized Experience
A custom cake is a personalized experience that reflects your unique taste and preferences. You can work closely with a cake artist to create a cake that tells your story. Whether it's incorporating your favourite colours, flavours, or personal touches, the result will be a one-of-a-kind creation.

Value for Money
While investing in a custom cake may seem like a luxury, it's important to consider the value it brings to your event. A stunning cake can enhance the overall ambiance and create a lasting impression on your guests. Moreover, it's a tangible reminder of your special occasion for years to come.

In conclusion, a custom cake is more than just a dessert; it's an investment in creating a memorable and visually stunning experience for your special occasion. By choosing to work with a skilled cake artist, you're ensuring that your event will be remembered for its beauty and taste.



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The new Audi e-tron GT: An electrifying masterpiece

The Audi e-tron GT quattro has been the electric and sporty flagship model in the brand's product portfolio since its premiere in 2021.

The four-door Gran Turismo combines evocative design with a powerful drive system and dynamic handling. The new versions significantly improve the sporty vehicle's range, performance, charging, and handling. With the RS e-tron GT performance, Audi is debuting its first fully electric RS performance model. The new models in the Audi e-tron GT family are available to order in August.

"With the e-tron GT models, we are setting new standards in performance. The increased charging power and electric all-wheel drive ensure improved long-distance capability and considerably more performance. The newly developed chassis offers an unprecedented range between driving

comfort, ride comfort, and driving dynamics,' says Gernot Döllner, Chairman of the Board of Management of AUDI AG.

The new variants of the e-tron GT series combine a progressive design with innovative technology, each having a distinctive look. For example, the new Audi S e-tron GT stands for elegant sportiness. Its front end is homogeneous and expressive at the same time. A black mask encircles the fully closed, inverted Singleframe, which reflects the specific design language of the e-tron models. Embossed structures give the grille a precise, three-dimensional appearance. A strip of body-colour paint above the Singleframe gives the Gran Turismo



an even sportier and visually deeper look. The air curtains, which ensure optimized airflow around the front wheel in the front apron, are more strongly shaped.

An elegantly designed aerodynamic diffuser

with vertical fins dominates the rear end. A black inlay above the rear diffuser adds even more visual texture and acts as a link between the diffuser and rear bumper.

The new Audi RS e-tron GT is now

sportier as well. Its front end alone features a much more radical look. The inverted Singleframe comes in the typical RS 3D honeycomb structure. The apron framing the black mask visually opens the RS e-tron

downwards. The vehicle appears lower, seeming to hug the street in combination with the functional L-shaped blades. The rear end of the RS e-tron GT borrows elements from motorsports. The streamlined diffuser

echoes the theme of three-dimensional efficiency elements in the front, such as the L-shaped blades, in the rear of the vehicle. The blades come as standard in black or carbon fibre. Another detail from racing is a vertical, red reflector sitting between the aero channels.

The Audi RS e-tron GT performance is the first fully electric RS performance model. It features unique design elements and stands out from the RS e-tron GT with a matte, darkened carbon roof in combination with optional carbon camouflage elements. This is on Carbon Black or Carbon Vorsprung trims only. These elements are a first from Audi and are intended exclusively for the RS performance. The carbon camouflage is

used in the embossed bumper structures, the door trim, parts of the diffuser, and the side mirrors.

Audi has also reworked the wheel range. New 20-inch multi-spoke wheels are available for the S e-tron GT. In addition, Audi has added two new six-twin-spoke wheels for the RS models. The forged and milled 21-inch wheels are reminiscent of the so-called "AVUS wheel", which Audi unveiled in 1991 on the Audi Avus quattro study. With its clear and uncompromising lines, this iconic wheel belongs to the DNA of the Audi brand. The entire wheel surface is matte and darkened for the RS e-tron GT performance, which intensifies the vehicle's sporty ambitions.

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Autumn Home Maintenance: Prepare Your Home for Winter

As the leaves begin to change colour and the days grow shorter, it's time to turn your attention to preparing your home for the colder months ahead.

Autumn is the ideal time to carry out essential maintenance tasks that will protect your property and save you money on energy bills. Here's a checklist to get you started:

- Exterior Maintenance
 - Clear gutters and downpipes: Autumn leaves can quickly clog gutters, leading to water damage. Clear them thoroughly to prevent blockages.
 - Check roof for damage: Inspect your roof for missing tiles, damaged flashing, or signs of wear and tear. Address any issues promptly.
 - Trim trees and shrubs: Remove overhanging branches that could damage your property during storms.
 - Insulate pipes: Protect external pipes and taps from freezing by wrapping them in insulation.
- Interior Checks
 - Boiler service: Schedule a professional boiler service before the heating season kicks in.



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- Bleed radiators: Ensure efficient heating by bleeding your radiators to remove trapped air.
 - Check for drafts: Seal any gaps around windows and doors to prevent heat loss.
 - Chimney sweep: If you have a fireplace, arrange for a chimney sweep to remove soot and creosote.
 - Ventilation: Maintain good ventilation to prevent damp and mould issues.
- By taking the time to complete these autumn home maintenance tasks, you'll not only protect your property but also create a warm and cosy environment for the winter months.

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CREAM LIVING ROOM IDEAS FOR PAIRED-BACK ELEGANCE

Looking for versatile cream living room ideas? If you're a discerning designer (or want to be one), you know neutral tones offer the perfect canvas for creating tasteful and warm aesthetics

Cream living room ideas are upmarket and stylish when applied using the right techniques. For example, a balance of accessories, textures, accent colours, and plants will transform any space – taking it from drab to fab!

Cream also lets you switch up your style whenever you want, making it a versatile base note for you to build upon. Whether it's hygge or Scandi, minimalism or organic modern.

Embrace Scandi-style cream living room ideas. When Hygge meets Scandi, they create the ultimate comfort zone. With warm features, fluffy textures, and plenty of light, cream undertones create serenity and simplicity. For effortless luxury, keep the accessories and furniture in the realm of neutral



decor. Examples such as the wood-weaved pendant light, slatted room divider, high-pile rug, and thick-knit throw are nice ways to add class and warmth.

Include plants in your cream living room décor. Cream is the perfect shade for bright and airy homes.

So, why not extend the theme

by introducing lots of lung-loving houseplants? With biophilic trends on the rise, it's the perfect opportunity to turn your living room into a plant nursery.

Furthermore, if you're a city dweller living in an apartment, introducing a perennial or two to your decor is one of the best ways to improve your home's

air quality. Add a colour pop to your modern cream living room. Thankfully, there isn't a colour known to humanity that doesn't work well with cream.

For an organic modern design, add some burnt orange, rich browns, and light-toned woods to your decor. Organic modern design is all about

layering neutral textiles and textures to create maximum interest.

The aim is to create a polished yet casual atmosphere that instantly puts you at ease.

What colour goes with a cream sofa in a living room? For those who've braved a cream sofa in their living room, accessorising

it with the right colour is a matter of preference. If your home is a sanctuary filled with all things muted and tranquil, keep your accessories on the same shade spectrum. However, if you'd like to add some boldness and fun, choose patterns for interest or a block colour for a two-toned effect.

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